

# READ THAT LABEL!

Read.

Draw a check next to each item with high nutritional value.

The % DV (percent of daily value) tells how much of a nutrient is in a serving of food. A % DV that is 5% or less means the food is low in that nutrient. A % DV that is 10% or more means the food is a good source of that nutrient. A % DV that is 20% or more means the food is an excellent source of that nutrient.

Eat foods **low** in nutrients for total fat, saturated fat, cholesterol, and sodium. Your body does not need a lot of these nutrients each day.

Eat foods that are good or excellent sources for fiber, vitamin A, vitamin C, calcium, and iron. Your body needs a lot of these nutrients each day.

## Orange Pineapple Juice

Nutrition Facts	
Serving Size 1 serving 8 oz.	
Amount per Serving	
Calories 70	Calories From Fat 0
% Daily Value	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol	0%
Sodium 51 mg	2%
Total Carbohydrate 18 g	6%
Dietary Fiber 0 g	0%
Sugars 18 g	
Protein 0 g	
Vitamin A 100%	Vitamin C 100%
Calcium 0%	Iron 0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- Vitamin A       Vitamin C  
 Iron             Calcium

This food is low in

- Total fat       Saturated fat  
 Cholesterol    Sodium

## Frozen Spinach

Nutrition Facts	
Serving Size 1 cup	
Amount per Serving	
Calories 41	Calories From Fat 4
% Daily Value	
Total Fat 0 g	1%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 126 mg	5%
Total Carbohydrate 7 g	2%
Dietary Fiber 4 g	17%
Sugars 1 g	
Protein 5 g	
Vitamin A 377%	Vitamin C 29%
Calcium 24%	Iron 36%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- Vitamin A       Vitamin C  
 Iron             Calcium

This food is low in

- Total fat       Saturated fat  
 Cholesterol    Sodium

## Chicken Noodle Soup

Nutrition Facts	
Serving Size 1 cup	
Amount per Serving	
Calories 79	Calories From Fat 18
% Daily Value	
Total Fat 2 g	3%
Saturated Fat 1 g	3%
Cholesterol 9 mg	3%
Sodium 729 mg	30%
Total Carbohydrate 11 g	4%
Dietary Fiber 2 g	9%
Sugars 2 g	
Protein 4 g	
Vitamin A 30%	Vitamin C 4%
Calcium 0%	Iron 0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- Vitamin A       Vitamin C  
 Iron             Calcium

This food is low in

- Total fat       Saturated fat  
 Cholesterol    Sodium

**BONUS:** Which food is the most nutritious overall? How can you incorporate different types of foods into your daily diet?

# Answer Key

## Orange Pineapple Juice

<b>Nutrition Facts</b>	
Serving Size 1 serving 8 oz.	
<b>Amount per Serving</b>	
<b>Calories</b> 70	Calories From Fat 0
% Daily Value	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	
<b>Cholesterol</b>	<b>0%</b>
<b>Sodium</b> 51 mg	<b>2%</b>
<b>Total Carbohydrate</b> 18 g	<b>6%</b>
Dietary Fiber 0 g	
Sugars 18 g	
<b>Protein</b> 0 g	
Vitamin A 100% • Vitamin C 100%	
Calcium 0%	Iron 0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- Vitamin A       Vitamin C  
 Iron             Calcium

This food is low in

- Total fat       Saturated fat  
 Cholesterol    Sodium

## Frozen Spinach

<b>Nutrition Facts</b>	
Serving Size 1 cup	
<b>Amount per Serving</b>	
<b>Calories</b> 41	Calories From Fat 4
% Daily Value	
<b>Total Fat</b> 0 g	<b>1%</b>
Saturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 126 mg	<b>5%</b>
<b>Total Carbohydrate</b> 7 g	<b>2%</b>
Dietary Fiber 4 g	
Sugars 1 g	
<b>Protein</b> 5 g	
Vitamin A 377% • Vitamin C 29%	
Calcium 24%	Iron 36%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- Vitamin A       Vitamin C  
 Iron             Calcium

This food is low in

- Total fat       Saturated fat  
 Cholesterol    Sodium

## Chicken Noodle Soup

<b>Nutrition Facts</b>	
Serving Size 1 cup	
<b>Amount per Serving</b>	
<b>Calories</b> 79	Calories From Fat 18
% Daily Value	
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 1 g	
<b>Cholesterol</b> 9 mg	<b>3%</b>
<b>Sodium</b> 729 mg	<b>30%</b>
<b>Total Carbohydrate</b> 11 g	<b>4%</b>
Dietary Fiber 2 g	
Sugars 2 g	
<b>Protein</b> 4 g	
Vitamin A 30% • Vitamin C 4%	
Calcium 0%	Iron 0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- Vitamin A       Vitamin C  
 Iron             Calcium

This food is low in

- Total fat       Saturated fat  
 Cholesterol    Sodium